

1-14. (Cancelled)

15. (Currently amended) A method of exercising by simulating different bicycle riding conditions on a stationary exercise bicycle, the stationary exercise bicycle comprising a frame having front and rear sockets, a pedal assembly mounted on the frame, a seat adjustably mounted in the rear socket, the seat being adjustable in the fore and aft directions relative to the rear socket, a flywheel mounted on the frame and coupled to the pedal assembly via a chain thereby forming a dual chain tension device, and a handlebar adjustably mounted in the front socket, the handle bar including at least one handle that provides multiple gripping positions for a rider's hands, the method comprising:

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adjusting the height and the fore and aft position of the seat relative to the rear socket to facilitate riding the stationary exercise bicycle in multiple positions; and

riding the stationary exercise bicycle in multiple positions to simulate different bicycle riding conditions wherein the multiple positions include:

a standing position where the rider's center of gravity is over or in front of the pedal assembly and a sitting positions where the rider's center of gravity is behind the pedal assembly, wherein the dual chain tension device facilitates a smooth transition between the sitting and standing positions; and

the rider gripping the handles of the handlebar in multiple gripping positions on the handlebar.

16. (Previously presented) The method of claim 15, further comprising adjusting the handlebar relative to the front socket to facilitate riding the stationary exercise bicycle in multiple positions.

17. (Previously presented) The method of claim 15 wherein the handlebar includes two handles, the method further comprising the rider resting his or her hands on one of the handles of the handlebar while riding in a seated position.

18. (Previously presented) The method of claim 15, further comprising riding the stationary exercise bicycle in a seated position while gripping the handlebar at a first gripping position, and riding the stationary exercise bicycle in a standing position while gripping the handlebar at a second gripping position.

19. (Cancelled)

20. (Currently amended) The method of claim 15 wherein the stationary exercise bicycle includes a ~~flywheel coupled to the pedal assembly~~ and a device to vary the resistance imparted to the flywheel, the method further comprising varying the resistance while riding the stationary exercise bicycle to simulate different riding conditions.

21. (Previously presented) The method of claim 15 wherein the seat and handlebar are positioned relative to the frame so that when the rider grips the handlebar, the rider's torso is bent over while the rider is in a seated riding position.

22. (Previously presented) The method of claim 15 wherein the seat and handlebar are positioned relative to the frame so that when the rider grips the handlebar, the rider's arms are bent at substantially a 90 degree angle while the rider is in a seated riding position.

23. (Previously presented) The method of claim 15 wherein the frame is mounted to the base having a width that maintains the stability of the stationary exercise bicycle, the method further comprising riding the stationary exercise bicycle in a standing position while rocking the body side to side.

24. (Cancelled)

25. (Cancelled)

26. (Cancelled)

27. (Currently amended) A method of exercising by simulating different bicycle riding conditions on a stationary exercise bicycle, the stationary exercise bicycle comprising a frame with inter-engaging multiple upstanding posts forming at least one triangulated structure, a pedal assembly mounted to the frame, a seat adjustably mounted on the frame, the seat being adjustable in the fore and aft directions relative to the frame, a flywheel mounted on the frame and coupled to the pedal assembly via a chain thereby forming a dual chain tension device, and a handlebar adjustably mounted on the frame, the handlebar including at least one handle that provides multiple gripping positions for a rider's hands, the method comprising:

adjusting the positions of the seat and the handlebar relative to the frame to facilitate riding the stationary exercise bicycle in multiple positions; and

riding the stationary exercise bicycle in multiple positions to simulate different bicycle riding conditions wherein the multiple positions include:

a standing position where the rider's center of gravity is over or in front of the pedal assembly and a sitting position where the rider's center of gravity is

behind the pedal assembly, wherein the dual chain tension device facilitates a smooth transition between the sitting and standing positions; and

~~the rider gripping the handles of the handlebar in multiple gripping positions on the handlebar.~~

28. (Previously presented) The method of claim 27, further comprising riding the stationary exercise bicycle in a seated position while gripping the handlebar at a first gripping position, and riding the stationary exercise bicycle in a standing position while gripping the handlebar at a second gripping position.

29. (Cancelled)

30. (Currently amended) The method of claim 27 wherein the stationary exercise bicycle includes a flywheel coupled to the pedal assembly and a device to vary the resistance imparted to the flywheel, the method further comprising varying the resistance while riding the stationary exercise bicycle to simulate different riding conditions.

31. (Previously presented) The method of claim 27 wherein the frame is mounted to the base having a width that maintains the stability of the stationary exercise bicycle, the method further comprising riding the stationary exercise bicycle in a standing position while rocking the body side to side.

32. (Previously presented) The method of claim 27 wherein the frame comprises two triangulated structures, the method further comprising riding the stationary exercise bicycle in a standing position while rocking the body side to side.

33 (Cancelled)

34. (Cancelled)

35. (New) A method of exercising by simulating different bicycle riding conditions on a stationary exercise bicycle, the stationary exercise bicycle comprising a frame having ground supports; a seat holding mechanism; a handlebar holding mechanism; a frame structure connecting the seat holding mechanism and the handlebar holding mechanism; wherein the frame structure comprises two V-shaped sections, one V-shaped section comprising two members converging to a point, the other V-shaped section comprising members converging to a different point, wherein the two V-shaped sections overlap along a member, the member including one of the holding mechanisms; a pedal assembly; a seat adjustably mounted in the seat holding mechanism, the seat being adjustable in the fore and aft directions relative to the rear socket; and a handlebar adjustably mounted in the handlebar holding mechanism, the handle bar including multiple gripping positions, the method comprising:

adjusting the height and the fore and aft position of the seat relative to the frame structure to facilitate riding the stationary exercise bicycle in multiple positions; and

riding the stationary exercise bicycle in multiple positions to simulate different bicycle riding conditions wherein the multiple positions include:

a standing position where the rider's center of gravity is over or in front of the pedal assembly;

a sitting position where the rider's center of gravity is behind the pedal assembly; and

multiple gripping positions on the handlebar.

36. (New) The method of claim 35, further comprising adjusting the handlebar relative to the handlebar holding mechanism to facilitate riding the stationary exercise bicycle in multiple positions.

37. (New) The method of claim 35 wherein the stationary exercise bicycle includes a flywheel mounted to the frame and coupled to the pedal assembly via a chain thereby forming a dual chain tension device, wherein the dual chain tension device facilitates the smooth transition between sitting and standing positions.

38. (New) A method of exercising by simulating different bicycle riding conditions on a stationary exercise bicycle, the stationary exercise bicycle comprising a frame having front and rear sockets, a pedal assembly mounted on the frame, a seat adjustably mounted in the rear socket, the seat being adjustable in the fore and aft directions relative to the rear socket, and a handlebar adjustably mounted in the front socket, the handle bar including a lateral bar directed outwardly from the front socket, a first handle having at least one prong extending forwardly from said lateral bar, and at least one second handle inwardly located relative to the at least one prong, the method comprising:

adjusting the height and the fore and aft position of the seat relative to the rear socket to facilitate riding the stationary exercise bicycle in multiple positions; and

riding the stationary exercise bicycle in multiple positions to simulate different bicycle riding conditions wherein the multiple positions include:

a standing position where the rider's center of gravity is over or in front of the pedal assembly;

a sitting position where the rider's center of gravity is behind the pedal assembly; and

multiple gripping positions on the handlebar, including multiple gripping positions on one or more of the lateral bar, the at least one prong and the at least one second handle.

39. (New) The method of claim 38, further comprising adjusting the handlebar relative to the front socket to facilitate riding the stationary exercise bicycle in multiple positions.

40. (New) The method of claim 38 wherein the stationary exercise bicycle includes a flywheel mounted to the frame and coupled to the pedal assembly via a chain thereby forming a dual chain tension device, wherein the dual chain tension device facilitates the smooth transition between sitting and standing positions.